



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Jäkel, Michael

Club: MTV Rethmar
Number: 587

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:10:41

Speed: 9.18 km/h
Running performance: 6:17 min/km

Rank in course/Total: 88 (of 110)

Rank in course/Men: 74 (of 92)

Best time in course: 1:18:02

Rank in category: 13(of 18)

Best time in the category: 1:33:56

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.30	18:16	5:32	11	3:46	63	5:42	3.30	18:16	5:32	7		43	
Lap 2	1.70	11:02	6:29	12	2:41	69	3:56	5.00	29:18	5:51	7	0:27	43	
Lap 3	2.10	11:14	5:20	16	3:44	82	4:22	7.10	40:32	5:42	7	2:13	41	3:54
Lap 4	4.95	33:04	6:40	14	9:46	79	12:54	12.05	1:13:36	6:06	7	5:43	43	5:01
Lap 5	3.65	23:08	6:20	14	7:27	82	10:19	15.70	1:36:44	6:09	6	26:23	42	10:48
Lap 6	1.40	7:43	5:30	13	2:10	72	3:25	17.10	1:44:27	6:06	6	10:58	41	11:27
Last lap Finish	3.70	26:14	7:05	16	15:29	77	15:29	20.80	2:10:41	6:16	13	36:45	74	52:39